

First U.S. Army Quarterly Family Readiness Newsletter



"SEE FIRST – UNDERSTAND FIRST – ACT FIRST"

1 October 2006

Important Websites:

First U.S. Army:

<http://www.first.army.mil>

Fort McPherson:

www.mcpherson.army.mil

U.S. Department of Defense:

www.defenselink.mil

USO: www.USO.com/

American Red Cross:

www.redcross.org/

Army Family

Liaison Office (AFLO):

www.wblo.org

National Military Family

Association (NMFA):

www.nmfa.org

Army Family Team Building:

www.armyfamilyteambuilding.org

Military Child Education

Coalition:

www.militarychild.org

Deployment Link:

www.deploymentlink.osd.mil

Civilian Personnel On Line

(CPOL): www.cpol.army.mil

Army Emergency Relief:

www.aerhq.org

Other websites

www.washingtonpost.com

AKO: <https://www.us.army.mil/>

www.irs.gov

www.americasupportsyou.mil

www.freddie.forscom.army.mil

www.vahealth.org/wic

<http://www.bgcma.org/>

www.salvationarmyusa.org/usn/www.usn.nsf

<http://www.first.army.mil/employmentInformation.htm>



Dear Family Members,

I just love this time of year . . . the sky is clear, the air is crisp and the flowers are still beautiful. I hope working and collaborating together will keep our hearts blooming and keep families informed of the variety of services and programs that are available.

For the past year, rear detachment support has been invaluable in sharing information. The Family Readiness video teleconferences have been insightful and meaningful and I feel confident about the mission you have accomplished and the methods you are using to get issues resolved. Active, Army National Guard, and Army Reserve servicing providers--thank you.

I would also like to welcome Lynn Hood, Division (Training Support) (East) and Ruth Mixon, Division (Training Support) (West) to the First U.S Army Family. I am overjoyed to have you on the team!

My husband and I count each of you as a blessing and thank you for all you do everyday for our soldiers and families. God bless you!

--Beverly Honoré

Family Programs Websites

First Army: www.First.Army.mil | Family Programs: 404.469.3665

Army: www.MyArmyLifeToo.com

Air Force: www.Military.com

Navy: www.NavyOneSource.com

Marines: www.usmc-mccs.org

Coast Guard: www.cgfamily.us (New)

First U.S. Army Hosts the Georgia Inter-Service Family Assistance Committee (ISFAC) Meeting



On 9 August 2006, First U.S. Army hosted a Georgia Inter-Service Family Assistance Committee (ISFAC) meeting at the Getaway Club on Fort Gillem, Georgia. There were 42 participants at the Georgia ISFAC to include representatives from the Office of the Secretary of Defense (OSD), the Pentagon, Active Army, Army National Guard, Army Reserve, Navy and Air Force Reserve, and a host of supporting agencies for military families. An ISFAC is a voluntary military cooperative partnership organized to provide multi-service networking for training and assistance to ensure Total Force Family

Readiness. The presenters and wide range of experienced attendees ensured this meeting met the mission of sharing valuable information on programs and initiatives for all components and supporting agencies.

The Commanding General of First U.S. Army, Lieutenant General Russel L. Honoré, opened the ceremony with the following remarks: *“Ladies and Gentlemen – we are a nation at war, and we owe it to our Soldiers, Sailors, Airmen, and Marines to ensure we are doing our utmost to fulfill our obligations to them, and thus, their families!”*



First U.S. Army’s mission is to mobilize, train, and deploy all Army National Guard and Army Reserve Soldiers throughout the entire continental United States (CONUS). As such, G-1 Family Programs Division’s mission is to ensure all Soldiers, both Active and Reserve Component, and their families, can assess support and services at all military facilities.

Beginning fiscal year 2007, First U.S. Army will initiate an annual ISFAC meeting for representatives across CONUS in leadership positions. The purpose of these meetings is to bring all the high level resources together in each region to share pertinent information. The two divisions will host a regional ISFAC meeting inviting representatives from higher level offices to include OSD, Army, Navy, Air Force, Marines, and supporting agencies.

Relief Numbers and Links:

| Organization/Service | Contact Information |
|---|---|
| American Red Cross | http://www.redcross.org/ |
| MSARNG Emergency Operations Center 24 hrs | 1-888-288-4898 |
| Camp Shelby Family Programs Staff 24 hrs | Commercial 601.558.2284 or DSN 286-2284 |
| Counseling Services | Military OneSource at 1-800-342-9647 |
| Army Recruiting Command's Operations Center 24 hrs | 1-800-223-3735. Voice will ask for the extension you wish to reach. That is 6-0823 or 6-0824 (voice will tell you that you must use the 6-) |
| National Guard Bureau Family Program Hotline | 1-888-777-7731 |
| Army Reserve Family Program (IMA & IRR Soldiers) | 1-866-345-8248 |

Updates and VTC Content Available at:

<http://www.first.army.mil/family/index.asp>

For additional information regarding the Family Readiness VTC schedule, please contact:

404-469-3019 or DSN 797, larinza.stinnett@first.army.mil



*Mrs. Honoré
is reviewing
the
upcoming
Spouse
Orientation
agenda
scheduled
for
1 November
2006, 0845-
1200.*

The purpose of the Headquarters Spouse Orientation is to share resource information and awareness of the First U.S. Army new restructuring within the Army and service components. Each spouse will receive an invitation from LTG Honoré.



The U.S. Hurricane Problem

"HURRICANE SEASON ISN'T OVER UNTIL 30 NOVEMBER!"

Population Growth

The United States has a significant hurricane problem. Our shorelines attract large numbers of people. From Maine to Texas, our coastline is filled with new homes, condominium towers, and cities built on sand waiting for the next storm to threaten its residents and their dreams.

There are now some 45 million permanent residents along the hurricane-prone coastline, and the population is still growing. The most rapid growth has been in the sunbelt from Texas through the Carolinas. Florida, where hurricanes are most frequent, leads the nation in new residents. In addition to the permanent residents, the holiday, weekend, and vacation populations swell in some coastal areas 10- to 100-fold.

A large portion of the coastal area with high population densities is subject to the inundation from the hurricane's storm surge that historically has caused the greatest loss of life and extreme property damage.

Perception of Risk

Over the past several years, the warning system has provided adequate time for people on the barrier islands and the immediate coastline to move inland when hurricanes have threatened. However, it is becoming more difficult to evacuate people from the barrier islands and other coastal areas because roads have not kept pace with the rapid population growth. The problem is further compounded by the fact that 80 to 90 percent of the population now living in hurricane-prone areas has never experienced the core of a "major" hurricane. Many of these people have been through weaker storms. The result is a false impression of a hurricane's damage potential. This often leads to complacency and delayed actions which could result in the loss of many lives.

Frequency of Hurricanes

During the 70's and 80's, major hurricanes striking the United States were less frequent than the previous three decades. With the tremendous increase in population along the high-risk areas of our shorelines, we may not fare as well in the future.

In the final analysis, the only real defense against hurricanes is the informed readiness of your community, your family, and **YOU**.

Reconnaissance Aircraft

The U.S. Air Force Reserve provides most of the operational reconnaissance. Pilots fly aircraft into the core of a hurricane to measure wind, pressure, temperature, and humidity as well as to provide an accurate location of the center of the hurricane. The National Oceanic and Atmospheric Administration (NOAA) also fly aircraft into hurricanes to aid scientists in better understanding these storms and to improve forecast capabilities. The NOAA flights also provide operational support as required.

Radar

When a hurricane gets close to the coast, it is monitored by land-based weather radars. The National Weather Service is currently installing Doppler weather radars across the country which will add new dimensions to hurricane warning capabilities. They will provide detailed information on hurricane wind fields and their changes. Local NWS offices will be able to provide more accurate short-term warnings for floods, tornadoes, and inland high winds.

National Hurricane Center Models

The National Hurricane Center uses several different numerical computer models to aid in forecasting the path, speed, and strength of hurricanes. Data from weather satellite sensors, reconnaissance aircraft, and other sources are fed into these computer models. The National Hurricane Center also has a computer storm surge model. This model provides guidance on storm surge height and the extent of flooding it will cause.

Personal and Community Preparedness

Before the Hurricane Season

- Know the hurricane risks in your area.
- Learn safe routes inland.
- Learn location of official shelters.
- Ensure that enough non-perishable food and water supplies are on hand.
- Obtain and store materials, such as plywood, necessary to properly secure your home.
- Clear loose and clogged rain gutters and downspouts.
- Keep trees and shrubbery trimmed.
- Review your insurance policy.

Individuals with special needs or others requiring more information should contact their local National Weather Service office, emergency management office, or American Red Cross chapter.

Remember -- If you ARE told to leave, do so immediately!

FAMILY DISASTER PLAN

Families should be prepared for all hazards that could affect their area. NOAA's National Weather Service, the Federal Emergency Management Agency, and the American Red Cross urge every family to develop a family disaster plan.

Where will your family be when disaster strikes? They could be anywhere at work, at school, or in the car. How will you find each other? Will you know if your children are safe? Disaster may force you to evacuate your neighborhood or confine you to your home. What would you do if basic services such as water, gas, electricity or telephones were cut off?

Follow these basic steps to develop a family disaster plan...

I. Gather information about hazards. Contact your local National Weather Service office, emergency management office, and American Red Cross chapter. Find out what type of disasters could occur and how you should respond. Learn your community's warning signals and evacuation plans.

II. Meet with your family to create a plan. Discuss the information you have gathered. Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out-of-state friend as your "family check-in contact" for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.

III. Implement your plan.

- (1) Post emergency telephone numbers by phones;
 - (2) Install safety features in your house, such as smoke detectors and fire extinguishers;
 - (3) Inspect your home for potential hazards (such as items that can move, fall, break, or catch fire) and correct them;
 - (4) Have your family learn basic safety measures, such as CPR and first aid; how to use a fire extinguisher; and how and when to turn off water, gas, and electricity in your home;
 - (5) Teach children how and when to call 911 or your local Emergency Medical Services number;
 - (6) Keep enough supplies in your home to meet your needs for at least three days.
- Assemble a disaster supplies kit with items you may need in case of an evacuation. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffle bags. Keep important family documents in a waterproof container. Keep a smaller disaster supplies kit in the trunk of your car.

A Disaster Supplies Kit Should Include:

- o A 3-day supply of water (one gallon per person per day) and food that won't spoil
- o one change of clothing and footwear per person
- o one blanket or sleeping bag per person
- o a first-aid kit, including prescription medicines
- o emergency tools, including a battery-powered NOAA Weather Radio and a portable radio, flashlight, and plenty of extra batteries
- o an extra set of car keys and a credit card or cash
- o special items for infant, elderly, or disabled family members.

IV. Practice and maintain your plan. Ask questions to make sure your family remembers meeting places, phone numbers, and safety rules. Conduct drills. Test your smoke detectors monthly and change the batteries two times each year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every 6 months. Contact your local National Weather Service office, American Red Cross chapter, or local office of emergency management for a copy of "Your Family Disaster Plan" (L-191/ARC4466).

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| Camp Shelby Family Programs Staff 24 hrs | Commercial 601.558.2284 or DSN 286-2284 |
| Counseling Services | Military OneSource at 1-800-342-9647 |
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| National Guard Bureau Family Program Hotline | 1-888-777-7731 |



STRESS RELIEF

Stress is a constant companion throughout life. While many of us would like to reduce our stress, we would be most unhappy if it were reduced too far. Take away all the stress of life and we lie all day on a soft bed with gentle music playing in the background. That would get old pretty quickly for most people. The issue for us is what kind of stress and how much? Flying down the slopes on skis in the Austrian Alps certainly puts a stress on the mind and body. However, for those of us who like to ski, it would be a pleasant stress. We would love to do it more often. On the other hand, running out of gas and walking three miles to a gas station and consequently being very late for work is also stressful, but most of us would not welcome that kind of stress.

We can either be passive objects of the stress that befalls us or we can find ways to manage it. The goal is to maximize the positive effects and minimize the negative. The first step is to take an inventory of all the stressors that affect us. When they are all listed we will find that some stressors will be pleasant and others unpleasant. Some will be small stressors; some will be huge. An unpleasant stressor that is small is probably not much of an issue, but an unpleasant stressor that is huge can be a significant problem. Some unpleasant stressors we may be able to eliminate. Some we cannot eliminate but we can find ways to minimize their effects.

Pleasant stress is a necessary ingredient for a healthy body and mind. If you find yourself bored a lot, it may be time to add a little pleasant stress. Managing it is a matter of regulating the variety and degree. Pleasant stress may include things like getting a promotion, riding a bicycle, going on a vacation or doing volunteer work. Getting a promotion involves adjusting to a new status, learning new skills and meeting greater expectations. Riding a bicycle involves choosing when, where and how far to go. Going on a vacation involves making plans, traveling and working out how to take care of daily needs in a different environment. Volunteer work pays the benefit of knowing we are contributing to our community.

Unpleasant stressors may include things like credit card debt, people who mistreat us, high cholesterol, arthritis, or natural disasters. Natural disasters, we can do little about but we may be able to protect ourselves. Credit card debt we can do something about, given time. A friend of mine, on advice from his physician, made a "lifestyle change." He switched to a low cholesterol diet and started a moderate daily exercise routine. He feels a lot better now. Minimizing unpleasant stress involves taking good care of ourselves. Here are some suggestions.

- ***Eat a healthy diet. Cut back on sugar and caffeine.***
- ***Get adequate sleep.***
- ***Exercise regularly. Exercise involves accomplishing something physically challenging. It relaxes and strengthens the body and provides a sense of being able to overcome obstacles.***
- ***Choose a hobby. A hobby is something we enjoy doing and we set our own standards. Some people enjoy woodworking or scrap booking. Others play a musical instrument or dance. Others participate in Community Theater. These are things that help us feel good about ourselves.***
- ***Get together with friends and laugh a lot. Laughter is one of the best stress relievers there is; and friends love us even when things are not going well. We can be ourselves around them.***

“OCTOBER IS DOMESTIC VIOLENCE PREVENTION MONTH”



TALK, LISTEN, CONNECT: HELPING FAMILIES COPE WITH MILITARY DEPLOYMENT

Sesame Workshop and Wal-Mart Stores, Inc., with additional support from the New York office of Mental Health (NYSOMH) and Military Child Education Coalition (MCED), have partnered together to produce a bilingual (English/Spanish) DVD using familiar Sesame Street characters to help children better understand and cope with their feelings and questions when a parent deploys. The DVD, which stars the Muppets, addresses the challenges and concerns children and their parents experience during the different phases of deployment, including pre-deployment, deployment, and homecoming/reunion.

This is a very unique product because it is designed especially for children ages 2-5 and addresses the issues in the language of small children. You can listen to dad explain that he has to go away and help some people and hear his son ask his dad if he is going to be all alone doing that. Dad replies that he will be with other adults who are also helping, but that it will not be the same without his son. They address the questions, worries and fears. They communicate that they will miss one another, and they affirm their bond with one another.

The DVD is part of a kit that also includes a parent/caregiver magazine and a Children's Activity Poster. Department of Defense is distributing the kit free of charge through Military OneSource. To order the kit through Military OneSource you may simply click on "Add to Cart" or call 1-800-730-3802. If you are ordering bulk quantities you may do so by calling or by sending an e-mail to, MOSEmailAConsultant@ceridian.com. If you have high speed internet access, you may download a DVD from <http://www.sesameworkshop.org/tlc>.

ARMY RESERVE CHILD CARE PROGRAMS

The mission of United States Army Reserve Command (USARC) Child and Youth Services (CYS) is to reduce conflict between parental and mission responsibilities. USARC has been diligently working on child care programs which will help accomplish this mission and reduce some of the stresses and tensions of parenting when Soldiers are performing military duties while drilling, mobilized, or deployed. Parents at home caring for children by themselves while the Soldier is mobilized or deployed may, at times, feel overwhelmed and need a break. Soldiers who are on drilling status sometimes find it difficult to find reliable child care. Soldiers on R & R may need child care support. For information about these programs visit the USAR Child and Youth Services web page on MyArmyLivetoo.com, Child Care Programs at: http://www.arfp.org/skins/ARFP/display.aspx?ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=8a591aad-5a9f-4283-a9e9-a8e002cf76bb&action=display_page&Mode=User



FIRST U.S. ARMY



Hot

Tips for Fire Safety!

Please use the following safety tips in your home or when you are operating outside around or near an open flame. Remember a little care could prevent property damage. Even better, it could save your life and the lives of your family and friends.

- Install smoke alarms on every level of your home so that family members can hear them from wherever they are located.
- Never disconnect smoke alarms or borrow/remove the batteries. Check them regularly for proper operation.
- Create a home escape plan. Practice it.
- Never smoke in bed or when drowsy.
- Wear clothes with short or snug sleeves while cooking or burning trash so that they won't catch fire.
- Keep matches and lighters up high, well away from children.
- Keep combustible materials, such as kitchen towels and newspapers, away from heat sources such as candles, burners and portable heaters.
- Have professionals check the fireplace and furnace annually, and clean if necessary.
- Don't overload electrical circuits, and have electrical circuits checked if lights are dimming or flicking.
- In case of fire, leave your home immediately. Don't try to save anything. Call the fire department from a neighbor's house.
- Never burn trash outside in windy conditions. The fire may get out of hand.
- Never start or re-start a fire with gasoline or other flammable liquids.
- Don't burn trash outside if the environment is extremely dry or if there is a burn ban in effect.
- Always keep a fire extinguisher or an adequate amount of water nearby when burning outside.



WELCOME!

Army Family Program Coordinators

Mrs. Gwen Kourrari, TSD West
Mrs. Jackie Pouncy, TSD East

SPOTLIGHT ON WYOMING



Morning Glory Pool

Wyoming Family Readiness Center
Joint Force Headquarters
Cheyenne, WY 82009
(307) 772-5208

Wyoming Family Assistance Center Main Office
(866) 992-7641 x 5099
(307) 772-5099

Western Family Assistance Center
P.O. Box 130, 119 Easy Acre
Afton, WY 83110-9739
(307) 772-5212
(307) 286-9993

Central Family Assistance Center
5905 CY Avenue
Casper, WY 82604-4101
(307) 630-6966

Cheyenne State Family Assistance Center
5500 Bishop Blvd
Cheyenne, WY 82009-3320
(866) 992-7641 x 5099
(307) 630-3358

Northeastern Family Assistance Center
811 East Laramie
Gillette, WY 82716-2914
(307) 630-7647



Wagon Train

Southeastern Family Assistance Center
2901 Armory Rd
Laramie, WY 82072-2937
(307) 772-5048
(307) 286-9991

Northwestern Family Assistance Center
360 East 5th St.
Lovell, WY 82431-1929
(307) 286-9992

153d Airlift Wing, Wyoming ANG
217 Dell Range Blvd
Cheyenne, WY 82009-4792
(307) 772-6063

Department of Family Services
Cheyenne, WY 82002
(307) 777-7564

Department of Veteran Affairs Center for
Readjustment Counseling
Cheyenne, WY 82001
(307) 778-7370

F.E. Warren AFB Youth Center
F.E. Warren AFB, WY 82005
(307) 773-2564

Family Support Center
F.E. Warren AFB, WY 82005
(307) 773-2241

MARFORRES: Marine Air Control
Group 48, 4th MAW
Cheyenne, WY 82009
(307) 637-0358

Naval Reserve Center
Cheyenne, WY 82005
(307) 773-6500

U.S. Army Reserve Center
5141 Reserve Drive
Evansville, WY 82636
(307) 235-5147

96th Regional Readiness Command
Family Program Director
Bldg 131 Fort Douglas
Salt Lake City, UT 84113-5007
(800) 348-0039

Veterans of Foreign Wars (52 Posts)
Hulett, WY 82720
(307) 467-5858

Welcome to Wyoming
Official State Site
<http://wyoming.gov/>

State American Legion Office
1320 Hugur Avenue
Cheyenne, WY 82001
(307)634-3035

Wyoming Resources
National Mental Health Information Center
<http://mentalhealth.samhsa.gov/publications/allpubs/stateresourceguides/wyoming01.asp>

Wyoming State Resources
<http://www.nichcy.org/stateshe/wy.htm>

FIRST U.S. ARMY
FAMILY READINESS QUARTERLY VTC WITH
MRS. HONORÉ -- 2007 SCHEDULE
10 JANUARY 2007

Deployed and Mobilized Unit News

Under the direction of Lieutenant General Russel Honoré's First U.S. Army Family readiness initiative, all mobilized and deployed units must have AKO and Military OneSource accessible (a link to AKO and Military OneSource must be present) family readiness websites.

“That’s What Friends Are For!”

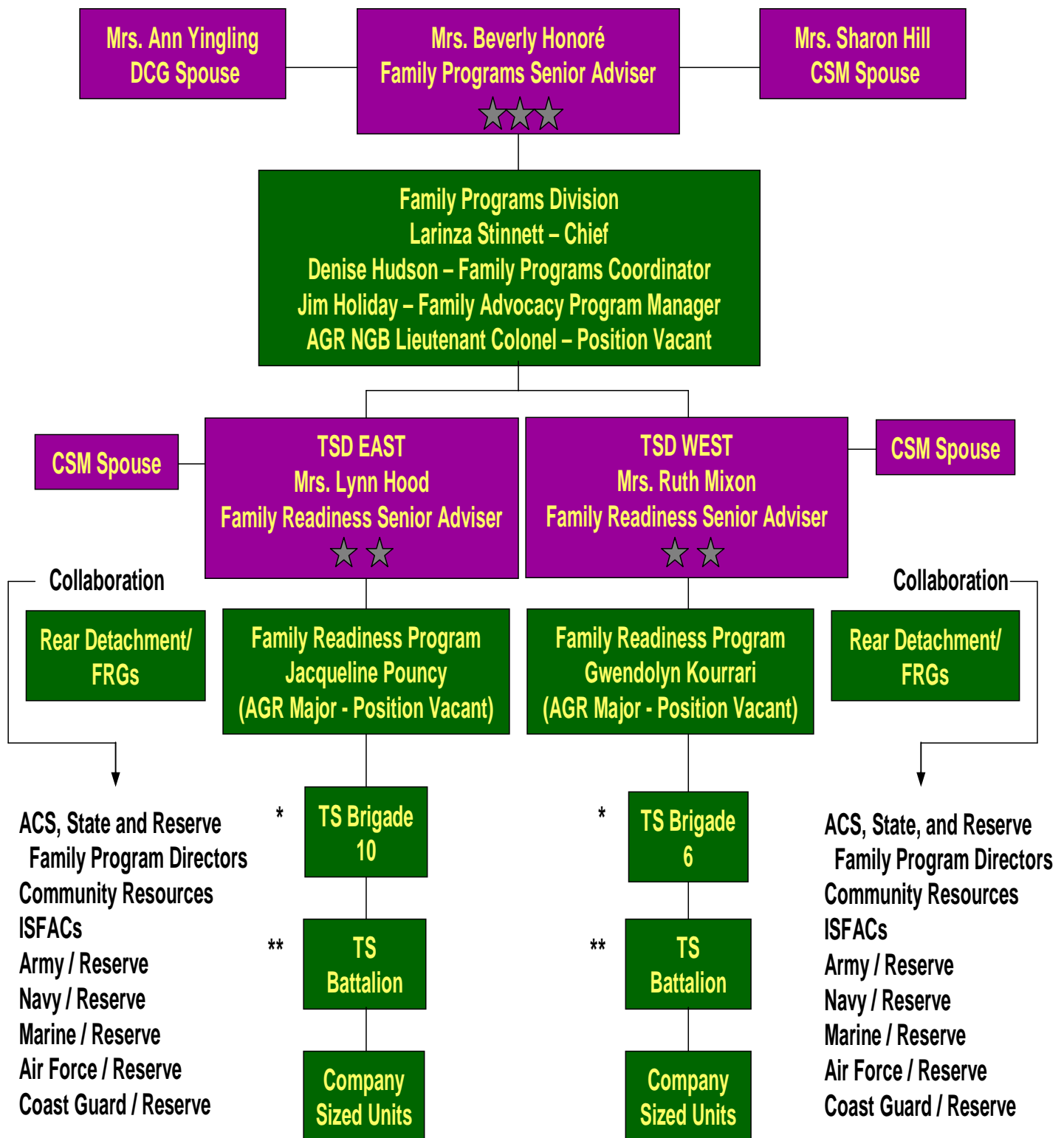
***“Keep smiling, keep shining
Knowing you can always count on me, for sure
That’s what friends are for
For good times and bad times
I’ll be on your side forever more
That’s what friends are for...”***



USO Event

Atlanta Hartsfield-Jackson International Airport

FIRST U.S. ARMY FAMILY SUPPORT NETWORK/COLLABORATION



* Need to identify names of Brigade Family Readiness Liaisons

** Need to identify names of Battalion Family Readiness Liaisons

Employment Information For Veterans

First U.S. Army Welcomes You to Our Employment Information Webpage!

Here you will find job opportunities/information for those who are looking to continue their military career or those that are interested in transitioning into a civilian career. This website will provide you with information and a list of employers from all around the country who are interested in providing employment opportunities for veterans. Please click on the link below.

<http://www.first.army.mil/employmentInformation.htm>

If you are a new employer and would like to provide employment opportunities for Army personnel transitioning to civilian careers, email your contact information to: AFKA-PA@first.army.mil. In your email please provide the following information: company name, point of contact name, point of contact title, mailing address, phone number, fax number, email address, and internet address (if applicable) to the website that displays veteran's employment information.

If you are military or civilian and looking for work, just follow the appropriate links to find employment opportunities. Military can explore Army JROTC, ROTC, and Operation Warrior Training Program. Civilians can explore Army Career Alumni Program (ACAP), Army Wounded Warrior Program (AW2), Civilian Personnel on Line, USA Jobs, Veterans of Foreign Wars Employment Service, and various civilian employers.

How to Get Along With People

Mrs. Willie Oates

1. Keep skid chains on your tongue; always say less than you think.
2. Make promises sparingly and keep them faithfully, no matter what it costs you.
3. Never let an opportunity pass to say a kind and encouraging thing to or about somebody.
4. Be interested in others; interested in their pursuits, their welfare, and their homes and families.
5. Be cheerful. Hide your pains, worries, and disappointments under a smile. Laugh at good stories, learn to tell them.
6. Preserve an open mind on all debatable questions.
7. Let your virtues, if you have any, speak for themselves, and refuse to talk of another's vices. Discourage gossip.
8. Be careful of another's feelings.

CHAPLAIN'S BLESSING



“Giving Thanks”

On the light side . . .

"Giving Thanks" from Psalm 92:1 - "It is good to give thanks to the Lord, and to sing praises to Your Name, O Most High." A person who has a grateful heart will enjoy spiritual health and be able to thank God even in the face of death.

Fulton Oursler learned this lesson from a woman who helped care for him when he was a little boy. She told him, "Looking for good things is a kind of game an old preacher taught me to play. Take this morning . . . I woke up and thought - 'What's there to praise God for today?' You know what? I couldn't think of a thing!"

Then from the kitchen came the most delicious odor that ever tickled my nose. Coffee! 'Much obliged, Lord, for the coffee,' I said, 'and much obliged too for the smell of it.'"

Many years later, Oursler stood at the bedside of that same woman as she lay dying. Seeing her in much pain, he wondered if she could still find something to be grateful for. Just then, she opened her eyes, looked at the others gathered around her bedside, and quietly said with a smile, "Much obliged, Lord, for such fine friends."

I can't think of a better time than today to begin looking for things to be grateful for. It won't matter what words you use, whether you say, "Thank you, Father," or "Much obliged, Lord." The important thing is to praise and thank Him. And the more you do, the more you'll improve your outlook on life.

On the reflective side . . .

At Thanksgiving, a distinctively American holiday, God's people properly set aside the day to reflect on the blessings of special and common grace. In its relatively brief history, our nation has been unusually blessed by God. We enjoy a degree of freedom unknown by many of the peoples of the world - a freedom that includes the privilege of uninterrupted worship and the opportunity to perpetuate the faith of our fathers. No other nation has been so blessed with material bounties. The foreign machines of war have not scarred our land, nor made rubble of our cities, nor scattered death and destruction within our borders.

How profoundly grateful we ought to be! Let us unite our hearts and voices in exclaiming with David: "Bless the Lord, O my soul; and all that is within me, bless His holy Name."

-- CHAPLAIN MacGREGOR, 404-469-3300

FIRST U.S. ARMY

Family Programs Division

UPCOMING EVENTS

25 October 2006

VTC with Mrs. Honoré to include Mrs. Hood (E) And Mrs. Mixon (W). The purpose is to assist with the transition of family programs with the TSDs.

1 November 2006

First U.S. Army Headquarters is hosting a Spouse Orientation. The orientation will be held at the Fort Gillem Getaway Club in Forest Park, Georgia.

10 January 2007

Family Readiness VTC with Mrs. Honoré. This VTC provides the opportunity for mobilizing and deploying units to share information on Family Readiness Groups and families.

(T) 4-7 February 2007

First U.S. Army Headquarters is hosting its first Family Programs Training Workshop in Atlanta (Best of the Best)

Web Resources

First U.S. Army Family Programs web site:
<https://www.1anet.army.mil/SERRC/NewMCFSP/index.asp>

For more information please call: 404.469.3019
or email us directly at: larinza.stinnett@first.army.mil

OPERATION *New Life*

In May 2005, Mrs. Beverly Honoré, First U.S. Army Senior Spouse, launched a Family Readiness Program video teleconference (VTC) with Army National Guard and Army Reserve family care providers to hear first hand how families are handling deployment and what care providers are doing to assist them. This new initiative (the first of its kind) has been a real success. The participation level of the Family Readiness VTC has grown from 5 units to 13 units within three months.

Since Hurricane Katrina, Mrs. Honoré conducted a teleconference with Camp Shelby Family Readiness Group (FRG) leaders. The information shared by Camp Shelby FRG included what is being accomplished to assist displaced families. Camp Shelby FRG requested First U.S. Army's support for six families (two families with homes totally destroyed and four families with homes in need of extreme repairs). A final number of displaced families has not yet been identified. Mrs. Honoré's involvement demonstrates how important families are to this command. Her goal is to have displaced military families tracked from the day a problem is identified until the quality of life has been reestablished.

In the aftermath of Hurricane Katrina, Mrs. Honoré has been personally involved and is working diligently to ensure a notification process is in place regarding the status of each military family affected. Specifically, what happens after families are identified and how we will ensure these families are on the right track to reestablishing their quality of life. Through OPERATION NEW LIFE, families will be able to obtain information to help acquire a new perspective regarding family needs and get linked into community resources that will help to improve current situations.

First U.S. Army Joint Operations Center Hotline: 1-800-496-6286
(staffed 24 hours a day)

Military One Source: www.MilitaryOneSource.com (user ID: army password: onesource) / 1-800-342-9647
To order Military One Source information directly to your facility, please call: 1-877-201-4253